



North Devon Display Gymnastics Club

COVID-19 USER'S GUIDANCE

HELP KEEP OUR CLUB COVID-19 SECURE

- **You must not enter if you or anyone in your household has COVID-19 symptoms.**
- **If you develop COVID-19 symptoms within 7 days** of visiting these premises alert **Test, Track and Trace**.
- **Alert the Membership Administrator/Chairman on 01237-475131 or 01237-451053** and alert the organiser of the activity you attended.
- **Maintain 1m+ social distancing as far as possible:** Gymnasts and visitors must obey the Coaches instructions, wait behind the marked lines as you go through the entrance hall to your activity and observe the one-way system marked.
- **Use the hand sanitiser provided** (60%+ Alcohol) on entering the premises. Clean your hands often. Soap and paper towels are provided.
- **Avoid touching your face, nose, or eyes.** Clean your hands if you do.
- **"Catch it, Bin it, Kill it"**. Tissues should be disposed of into one of the rubbish bags provided. Then wash your hands. Keep bags for 72 hours min. before disposal.
- **Check the organisers of your activity have cleaned door handles, equipment, sinks, toilets and surfaces before you arrived.** Keep them clean. We will do our best to ensure all surfaces are cleaned at the gym between each hire.
- **Take turns and follow instructions to use confined spaces such as corridors, kitchen and toilet areas.** Standing or sitting next to someone is lower risk than opposite them. Briefly passing another person in a confined space is low risk.
- **Keep the gym well ventilated. Close doors and windows on leaving.**